In this lecture, I will review research and theory on the effects of ostracism—being ignored and excluded. I will present my Temporal Need-Threat Model, which characterizes three stages of responses to the detection of ostracism. In the first stage, individuals appear to respond reflexively to minimal cues of ostracism with pain; threats to belonging, self-esteem, control, and meaning; and increased negative affect. In the second stage, they reflect on the context and significance of the ostracism and assess its importance and meaning, which affects direct coping responses aimed at protecting thwarted needs. For those who experience long-term or prolonged ostracism, fortification efforts become depleted and give way to resignation, alienation, helplessness, depression, and feelings of worthlessness. Unlike other aversive interpersonal behaviors, ostracism can uniquely threaten existential needs related to being recognized as existing and being worthy of attention. Feelings of invisibility and meaninglessness prompt one to demote desires to be liked in favor of provoking others to attend to, recognize, and reckon with oneself as a person worthy of attention and consideration. Links between ostracism and vulnerability to group influence and aggression will be discussed.